

5.0 Nutrition Services

Effective Date: 11/06/14

5.03 Nutrition Education at Certification/Recertification Appointments

PURPOSE: This policy provides requirements for client-centered nutrition education at certification and recertification (CERT/RECERT) visits, and for development of the Nutrition Education Plan.

A. POLICY

1. The nutrition education provided to clients at CERT/RECERT appointments must be based on the health/nutrition assessment and reflect the client's needs, concerns, and nutrition risks (Policy 5.01 Nutrition Education Overview and Elements of Client-Centered Nutrition Education.)
2. WIC Program Eligibility Explanation: Clients (or the caregiver/authorized person of infants and children) must receive a verbal explanation of the WIC Program purpose, services, operations, and benefits. The Eligibility Explanation is provided to the client in an understandable manner, documented in MI-WIC, and summarized on the printed Nutrition Education Plan Report. Reviewing the Nutrition Education Plan Report with the client provides a summary of the Eligibility Explanation.
3. Local agencies must provide all clients with information to raise awareness about the danger of drug and other harmful substance abuse (Federal Regulations 246.11 (a)(3)). WIC staff must provide this information and a current list of resources for local drug and other harmful substance abuse counseling/treatment to new clients at enrollment, and thereafter as needed. (See Policy 6.02, Referrals.) Providing the client with a printed Nutrition Education Plan Report is considered reinforcement of this message.
4. All pregnant clients must be encouraged to breastfeed unless contraindicated for health reasons. All breastfeeding women must be encouraged to continue breastfeeding. (See Policy 4.01, Breastfeeding Promotion, Protection and Support.)
5. Review of previous nutrition education received by the client must occur (See Policy 5.07, Documentation of Nutrition Education). Follow-up provides the client the opportunity to:
 - a. Ask questions
 - b. Demonstrate knowledge gained
 - c. Discuss progress or barriers to behavior change
 - d. Obtain support from staff trained to address the client's goals and concerns.
6. Development of a Nutrition Education Plan for the Certification Period:
 - a. The client/caregiver and WIC CPA mutually develop a Nutrition Education Plan at each CERT/RECERT appointment based on the client's concerns and needs. The Nutrition Education Plan must be reviewed/revised at infant/child evaluation (IEVAL/CEVAL) appointments to support the client's changing needs, concerns, or behaviors (See Policy 5.04, Nutrition Education at Infant/Child Evaluation Appointments).

- b. The Nutrition Education Plan identifies topics and methods, including breastfeeding services, for interim nutrition education to address the client's needs, concerns, behavioral goals, education needs, and/or personal barriers. (See Policies 5.01, Nutrition Education Overview and Elements of Client-Centered Nutrition Education, 5.01B, Elements of Effective Nutrition Education, and 5.05, Interim Nutrition Education, Client Feedback and Support.)
- c. High risk clients must be offered individual nutrition counseling with a WIC RD. Acceptance or refusal of this offer must be documented in MI-WIC. (See Policy 5.06, Required Services for High Risk Clients.)
- d. The local agency must document each nutrition education offered and received in the client record. (See Policy 5.07, Documentation of Nutrition Education.)
- e. The Nutrition Education Plan Report must be printed and given to the client at each CERT/RECERT and IEVAL/CEVAL appointment (See Policy 5.01D, Sample Nutrition Education Plan Report).

B. GUIDANCE

- 1. A client's signature on the Nutrition Education Plan Report may be requested to strengthen commitment for behavior change.
- 2. The 'Welcome to WIC' booklet provides information related to the WIC Program Eligibility Explanation in addition to the danger of drugs and other harmful substances.

References:

Federal Regulations 246.11
USDA, WIC Program Nutrition Education Guidance, January 2006
WIC Policy Memorandum 2008-01: WIC Program Explanation for Participants
WIC Nutrition Services Standards, USDA, FNS, August, 2013

Cross-references:

- 4.01 Breastfeeding Promotion, Protection and Support
- 5.01 Nutrition Education Overview and Elements of Client-Centered Nutrition Education
- 5.04 Nutrition Education at Infant/Child Evaluation Appointments
- 5.05 Interim Nutrition Education, Client Feedback and Support
- 5.06 Required Services for High Risk Clients
- 5.07 Documentation of Nutrition Education

Exhibits:

- 2.18A Michigan WIC Client Agreement
- 5.01B Elements of Effective Client-Centered Nutrition Education
- 5.01D Sample Nutrition Education Plan Report